**PHYSICAL EDUCATION**

**UNIT 3 GLOSSARY**

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| TERM | DEFINITION |
| Health |  |
| Moderate-intensity physical activity |  |
| Physical activity |  |
| Vigorous-intensity physical activity |  |
| NPAG |  |
| Domains of physical activity |  |
| Dimensions of physical activity |  |
| Physical activity pyramid |  |
| Sufficient physical activity |  |
| MET |  |
| Self report |  |
| Heart-rate monitoring |  |
| Pedometer |  |
| Accelerometer |  |
| Direct observation |  |
| Doubly-labelled water |  |
| SOPLAY |  |
| Mediator |  |
| Self-efficacy |  |
| Individual approaches to physical activity promotion |  |
| Stages of Change Model |  |
| Population-based approaches to physical activity promotion |  |
| Settings-based promotion of physical activity |  |
| Energy |  |
| Adenosine Triphosphate |  |
| Energy system interplay |  |
| Carbohydrates |  |
| Fats |  |
| Protein |  |
| High glycemic index |  |
| Low glycemic index |  |
| Lactic acid |  |
| Alactacid |  |
| Anaerobic glycolysis |  |
| Aerobic glycolysis |  |
| Carbohydrate loading |  |
| Hydrophobic |  |
| Hypoglycaemia |  |
| Glycogen sparing |  |
| Mitochondria |  |
| Myoglobin |  |
| VO₂ Max |  |
| Phosphocreatine |  |
| ATP-PC system |  |
| Lactic Acid system |  |
| Glycolysis |  |
| Glycolytic enzymes |  |
| Anaerobic threshold |  |
| The Aerobic system |  |
| Myosin crossbridges |  |
| Inorganic phosphates |  |
| Kreb’s cycles |  |
| Steady state |  |
| LIP |  |
| Acute response |  |
| Respiratory system |  |
| Cardiovascular system |  |
| Working skeletal muscle |  |
| Oxygen deficit |  |
| Oxygen debt |  |
| Epinephrine |  |
| EPOC |  |
| Fatigue |  |
| Muscular fatigue during exercise |  |
| Local fatigue |  |
| General fatigue |  |
| Long-term fatigue |  |
| ADP |  |
| Creatine phosphate |  |
| Causes of fatigue |  |
| Glycogen |  |
| Metabolic by-products |  |
| Pyruvic acid |  |
| Enzyme |  |
| pH |  |
| Vasodilation |  |
| Core body temperature |  |
| Thermoregulation |  |
| Dehydration |  |
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